

2012 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 10: Servings of Whole Grain Breads and Tortillas Eaten by California Adolescents (N=1,137)**

Yesterday, how many servings of whole-grain breads did you eat? This would include 100% whole wheat, wheatberry, or bran bread and bagels or whole wheat tortillas, but not flour or corn tortillas.

	Servings of Whole Grain Breads and Tortillas Reported, Percent of Adolescents		
	0.0	1-3	4+
<b>Total</b>	<b>23.3</b>	<b>63.3</b>	<b>13.4</b>
<b>Gender</b>			
Male	23.1	60.7	16.2
Female	23.6	65.9	10.5
<b>Ethnicity</b>			
White	23.0	60.1	16.9
African American	21.1	62.9	16.0
Latino	22.6	64.9	12.4
Asian/Other	27.1	64.0	8.8
<b>Gender by Age</b>			
<b>Male</b>			
12-13	27.7	60.2	12.1
14-15	20.9	63.1	16.0
16-17	20.7	58.8	20.5
<b>Female</b>			
12-13	16.1	75.0	8.8
14-15	26.3	62.7	11.0
16-17	27.9	60.7	11.4
<b>Income</b>			
<\$15,000	23.7	66.1	10.2
\$15,000 - \$24,999	31.2	62.2	6.6
\$25,000 - \$34,999	29.4	47.4	23.2
\$35,000 - \$49,999	13.9	70.6	15.5
\$50,000 - \$74,999	12.1	72.5	15.4
> \$75,000	22.4	60.4	17.3
<b>CalFresh Status, % FPL<sup>1</sup></b>			
Participant	21.2	66.8	11.9
Likely Eligible < 130%	23.9	62.0	14.1
Not Eligible > 185%	22.5	62.6	14.9
<b>Physical Activity Status</b>			
Regular	22.6	61.7	15.7
Irregular	25.8	68.9	5.3
<b>Overweight Status</b>			
Not Overweight	22.5	65.5	12.0
Overweight/Obese	25.8	56.2	18.0

<sup>1</sup>Survey respondents between 130-185% FPL

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

Chi Square Test: \* p<.05, \*\* p<.01, \*\*\* p<.001

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Table 12: Consumption of Cereal by California Adolescents (N=1,143)

Yesterday how many bowls of cereal did you eat?

What cereal did you eat the most of yesterday?

	Reported Eating Any Cereal <sup>1</sup> , Percent of Adolescents	
<b>Total</b>	<b>52.0</b>	
<b>Gender</b>		
Male	54.3	
Female	49.5	
<b>Ethnicity</b>		
White	51.1	**
African American	52.7	
Latino	56.3	
Asian/Other	39.6	
<b>Gender by Age</b>		
<b>Male</b>		
12-13	69.2	***
14-15	50.7	
16-17	42.8	
<b>Female</b>		
12-13	53.4	**
14-15	55.4	
16-17	39.3	
<b>Income</b>		
<\$15,000	51.3	**
\$15,000 - \$24,999	54.9	
\$25,000 - \$34,999	56.8	
\$35,000 - \$49,999	67.3	
\$50,000 - \$74,999	43.5	
> \$75,000	47.3	
<b>CalFresh Status, % FPL<sup>2</sup></b>		
Participant	61.6	***
Likely Eligible < 130%	58.2	
Not Eligible > 185%	44.4	
<b>Physical Activity Status</b>		
Regular	53.4	
Irregular	47.0	
<b>Overweight Status</b>		
Not Overweight	54.4	***
Overweight/Obese	41.8	

<sup>1</sup>One bowl equals one serving.

<sup>2</sup>Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test: \* p<.05, \*\* p<.01, \*\*\* p<.001

**2012 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)**

**Table 13: Consumption of Cereal and High Fiber Cereal by California Adolescents (N=1,143)**

Yesterday how many bowls of cereal did you eat?

What cereal did you eat the most of yesterday?

<b>Any Cereal<sup>1</sup></b>	<b>Percent of Adolescents</b>
Out of All Teens	52.0
<b>High Fiber Cereal<sup>2</sup></b>	
Out of All Teens	18.1
Out of Cereal Eaters (N=623)	34.8

<sup>1</sup>One bowl equals one serving.

<sup>2</sup>High fiber cereals are defined as those having 3 or more grams of dietary fiber per serving.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test: \* p<.05, \*\* p<.01, \*\*\* p<.001

2012 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 15: Servings of Beans Eaten by California Adolescents (N=1,143)

Yesterday how many servings of beans did you eat? This would include kidney beans, refried beans, chilibeans, black beans, bean soup, bean salad, or lentils.

	Servings of Beans Reported, Percent of Adults			
	0.0	1.0	2+	
<b>Total</b>	<b>64.8</b>	<b>25.8</b>	<b>9.4</b>	
<b>Gender</b>				
Male	62.9	24.1	13.0	***
Female	66.8	27.6	5.6	
<b>Ethnicity</b>				
White	71.2	15.9	12.9	***
African American	78.6	13.5	7.9	
Latino	53.8	37.9	8.4	
Asian/Other	82.4	11.0	6.6	
<b>Gender by Age</b>				
<b>Male</b>				
12-13	64.0	21.2	14.8	
14-15	62.5	25.7	11.8	
16-17	62.3	25.3	12.4	
<b>Female</b>				
12-13	64.7	26.8	8.5	
14-15	67.2	30.1	2.7	
16-17	68.5	25.6	5.9	
<b>Income</b>				
<\$15,000	60.8	32.7	6.5	***
\$15,000 - \$24,999	55.4	28.0	16.5	
\$25,000 - \$34,999	48.9	34.7	16.4	
\$35,000 - \$49,999	57.7	34.3	8.0	
\$50,000 - \$74,999	63.8	28.2	8.0	
> \$75,000	74.2	18.1	7.7	
<b>CalFresh Status, % FPL<sup>1</sup></b>				
Participant	62.1	26.7	11.2	***
Likely Eligible < 130%	50.4	37.4	12.1	
Not Eligible > 185%	75.4	17.6	7.1	
<b>Physical Activity Status</b>				
Regular	62.7	26.7	10.6	**
Irregular	72.2	22.7	5.1	
<b>Overweight Status</b>				
Not Overweight	66.8	25.1	8.1	
Overweight/Obese	64.0	24.6	11.4	

<sup>1</sup>Survey respondents between 130-185% FPL

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

Chi Square Test: \* p<.05, \*\* p<.01, \*\*\* p<.001

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**Table 24: Consumption of Meat Among California Adolescents (N=1,142)**

Do you eat any kind of animal foods like beef, pork, poultry or fish?

	Percent of Adolescents, Report Not Eating Meat or Animal Foods	
<b>Total</b>	<b>7.4</b>	
<b>Gender</b>		
Male	4.3	***
Female	10.6	
<b>Ethnicity</b>		
White	9.1	*
African American	13.5	
Latino	6.8	
Asian/Other	3.6	
<b>Gender by Age</b>		
<b>Male</b>		
12-13	4.4	
14-15	4.0	
16-17	4.7	
<b>Female</b>		
12-13	7.0	**
14-15	7.6	
16-17	17.3	
<b>Income</b>		
<\$15,000	8.5	**
\$15,000 - \$24,999	3.9	
\$25,000 - \$34,999	2.4	
\$35,000 - \$49,999	6.4	
\$50,000 - \$74,999	12.6	
> \$75,000	10.5	
<b>CalFresh Status, % FPL<sup>1</sup></b>		
Participant	4.4	*
Likely Eligible < 130%	7.1	
Not Eligible > 185%	9.7	
<b>Physical Activity Status</b>		
Regular	6.9	
Irregular	9.2	
<b>Overweight Status</b>		
Not Overweight	8.9	*
Overweight/Obese	4.1	

<sup>1</sup>Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test: \* p<.05, \*\* p<.01, \*\*\* p<.001